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# beauty



## Sleeping Beauty

No time for primping in the morning rush? Get prettier overnight

By **Celia Shatzman**

The easiest way to glowing skin and healthy hair is as natural as it gets: Rest. There's a reason why it's called beauty sleep—while you snooze, your body is hard at work repairing and restoring your skin. "Beauty sleep is the real deal," says Daniel Fočak, spa director of Hotel Lone in Rovinj, Croatia. "Having a good night's sleep helps your body and skin heal from daily wear." Maximize those beauty-boosting effects with a simple pre-bedtime routine. →

## How to Get a Good Night's Sleep

"As you age, your sleep cycle changes, and you get more fragmented sleep," says Dr. Douglas Prisco, Pulmonary/Critical Care & Sleep Medicine Physician at Facey Medical Group, Los Angeles, CA. "To get great sleep, you want to be in sync with light, sound and other cues from the environment to keep you on a day/night cycle," he continues. Here are a few tips from Dr. Prisco on how to get a good night's sleep.

### \*Follow good sleep hygiene

Go to bed and wake up the same time every night and morning. A consistent wakeup time is especially important, according to Dr. Prisco.

### \*Keep the bedroom dark, and create a relaxing environment

Light from phones and tablets may start to delay your sleep, so reduce the brightness, keep them away from your face or out of the bedroom entirely.

### \*Avoid extremes of temperature

Target somewhere around 68 degrees, if possible.

### \*Make sure your bed is comfortable

Everyone has an individual preference—firm, medium or plush. Take a tip from the Four Seasons, experts in creating "sleep sanctuaries." With the new The Four Seasons Bed, the hotel group offers guests a custom-designed bed, with a choice of three mattress toppers, and they will keep a record of your preference for your next visit.

### \*Keep a sleep diary for two weeks

It can be empowering to look at your sleep patterns. "You need to understand whether you have a sleep disorder or whether you are getting good quality sleep," according to Dr. Prisco.

—Rona Berg

## EYES

"I recommend an eye treatment with anti-inflammatory and anti-aging benefits, which help with puffiness and discoloration," says Barbara Close, founder & CEO of Naturopathica. Another ingredient to look for is peptides, to boost the rebuilding of skin, reduce the appearance of fine lines and wrinkles and improve elasticity.

"This dual-action benefit helps for refreshed and younger-looking skin around the eyes." Fočak recommends applying eye treatments with the fourth finger for a lighter touch. "Work in a gentle tapping motion from the inner eye towards outside eye area," he suggests.

### TRY

**Naturopathica Argan & Peptide Wrinkle Repair Eye Cream**, \$84; [naturopathica.com](http://naturopathica.com)

**ESPA Lift & Firm Intensive Eye Serum**, \$129; [espaskincare.com](http://espaskincare.com)



## FACE

No matter how tired you are before hitting the hay, washing your face every night is crucial. Skipping that step can damage your skin. Exposure to pollution and constantly touching your face leads to bacteria and oil, which trigger acne. Washing it away will prevent clogged pores.

"Always cleanse your skin before going to bed," says Close. "Skin needs time to regenerate, and the nighttime allows for that process. The evening is also a good time for exfoliation because you aren't immediately exposing fresh layers of skin to harmful UVA and UVB rays."

Be sure to remove all makeup, since that will open up pores, allowing your moisturizer and other treatments to sink in. "A four-step routine with a booster treatment will help regenerate skin cells and remineralize skin," says Kim Milton, spa and fitness manager at One&Only Cape Town. "First cleanse and tone skin, apply eye-moisturizer in circles around eyes, and apply a face treatment oil or serum to match your skin type."

### TRY

**Sia Prickly Pear Seed Serum**, \$28, and **Rescue Cream**, \$22; [siabotanicals.com](http://siabotanicals.com)

**Tata Harper Moisturizing Mask**, \$110; [tataharperskincare.com](http://tataharperskincare.com)



## BODY

Just like your face, your body needs time to heal and regenerate. "Body treatments are a must—your skin is the largest organ of the body," says Milton. "It's essential to exfoliate and then moisturize to hydrate, tone and firm the skin while resting." By removing dead skin cells before bed, the ingredients can deeply penetrate and nurture the skin.

### TRY

**ila Body Oil for Inner Peace**, \$78; [nubonau.com](http://nubonau.com)

**Gaëlle Organic Body Crème Supérieure Moisturizing Treatment**, \$88; [gaelleorganic.com](http://gaelleorganic.com)

**Kai body polish**, \$40; [kaifragrance.com](http://kaifragrance.com)



## Natural Sleep Remedies

A cup of organic herbal tea before bedtime—chamomile, valerian root, lemon balm, lavender—can help you wind down from a busy day and sleep easier.

**Napz**, a new, 100 percent natural, plant-based powdered blend of passion flower, chamomile, hibiscus and lemon balm, is a short-term sleep aid, good for quick nap or to help you fall back asleep if you wake up in the middle of the night. [napz.com](http://napz.com)

**Quietude**, from Boiron, makers of Oscillococcinum, is a tried and true natural homeopathic sleep aid for occasional sleeplessness or restless sleep. [boironusa.com](http://boironusa.com)  
—Rona Berg

## HAIR

Give your strands a boost overnight. "Oils that are rich in fatty acids, such as avocado oil, are excellent to nourish the hair and scalp overnight," says Close. "Wear a plastic cap to lock in moisture and keep your pillow clean."

Save a few minutes in the morning by styling your locks at night. "Braiding is an easy and efficient way of introducing movement into the hair while you sleep," Milton says. "Section hair while still slightly damp to increase the intensity of the wave, and remember the bigger the braid the bigger the wave." Braiding will also prevent waking up with tangles in the morning.

### TRY

**Phyto Secret De Nuit**, \$38; [sephora.com](http://sephora.com)

**Aubrey 100% Organic Jojoba Oil**, \$11.67; [aubrey-organics.com](http://aubrey-organics.com)



## HANDS AND FEET

"Often neglected in an overnight routine, beautiful hands and feet can be achieved by applying a moisturizing shea butter cream as well as healing ointment before bed," says Fočak. "For best results and to help absorption, wear socks to bed." Also, pay special attention to your nails. "Cuticles are composed primarily of skin, therefore it is essential to keep them well hydrated," Milton says. "By massaging in a nail and cuticle treatment it will ensure that your cuticles and nails are beautifully maintained in their best natural state. It will also put back all the moisture lost due to daily irritants."

### TRY

**Lather Hand Therapy**, \$15; [lather.com](http://lather.com)

**Jurlique Rose Love Balm**, \$8; [jurlique.com](http://jurlique.com)

**M-61 Vitablact C Hand**, \$19; [bluemercury.com](http://bluemercury.com)



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